

Claims:

1. A nutraceutical composition containing safe and effective nutritional supplement ingredients for the prevention and/or treatment of cardiovascular disease in a patient, said nutraceutical composition having a formulation of nutritional supplement ingredients comprising:
  - 5 plant sterols and omega-3 fatty acids present in appropriate pharmacologically safe and effective proportions and amounts and combined in a single delivery form.
2. The nutraceutical composition according to claim 1, wherein said delivery form is selected from the group consisting of tablets, capsules and softgels.
3. The nutraceutical composition according to claim 1, wherein said nutraceutical composition is free of fats other than said omega-3 fatty acids.
4. The nutraceutical composition according to claim 1, further comprising at least one member selected from the group consisting of folic acid, vitamin B6, vitamin B12 and niacin.
5. The nutraceutical composition according to claim 4, wherein said composition comprises an amount of folic acid sufficient to provide about 100% of recommended daily intake.
6. The nutraceutical composition according to claim 4, wherein said composition comprises an amount of vitamin B6 sufficient to provide about 100% of recommended daily intake.
7. The nutraceutical composition according to claim 4, wherein said composition comprises an amount of vitamin B12 sufficient to provide about 100% of recommended daily intake.
8. The nutraceutical composition according to claim 4, wherein said composition comprises folic acid, vitamin B6, vitamin B12 and niacin.

9. The nutraceutical composition according to claim 1, wherein said plant sterols are present in a combination of sterol types, said sterol types being selected from the group consisting of beta sistosterol, campesterol, stigmasterol, and brassicasterol.
10. The nutraceutical composition according to claim 1, wherein said omega-3 fatty acids are present in a combination of fatty acid types, said fatty acid types being selected from the group consisting of EPA and DHA.